

Joe recently attended an intense training seminar in Boston on Craniosacral Therapy, and has found joy and success in the sessions he has given. If this type of relaxation work interests you, please ask Joe to incorporate it into your session.

What is Craniosacral Therapy?

Craniosacral Therapy (CST) is a modality that has grown out of Osteopathy. It started as a specialization called Cranial Osteopathy but has expanded into its own modality and is used by all kinds of therapists. Sharon Desjarlais says it best, "Craniosacral Therapy is a very gentle, light-touch approach that releases tensions deep in the central nervous system so that every other system in the body can relax and self-correct. It helps you naturally free yourself from pain, stress and discomfort. And it's performed on fully clothed clients on a comfortable massage table." It is particularly helpful with neck and back pain, headaches, stress, fatigue, TMJ issues, fibromyalgia, and orthopedic problems.

What you can expect during a session.

Besides being an extremely relaxing form of massage, CST is a treatment that focuses on releasing tension deep in the central nervous system. Soft but powerful, this gentle and light-touch approach, while fully clothed, focuses on the body's Craniosacral system encouraging the body to self-correct. This is done by listening to the body, dealing with the symptoms and searching for the causes of pain and dysfunction. This is done by following a ten-step protocol by placing the therapist's hands on ten specific spots on the body, mostly focusing on the head and spine. It is common for clients to experience tingling, stomach gurgling, heat, waves of emotions and some see images and colors with their eyes closed.

Is this for me?

There are few contraindications for such a treatment. I would say this is a session that can be helpful for anyone. CST is the epitome of relaxation therapy. A Harvard Medical School study found that 60 to 90% of doctor visits are for conditions related to stress. Come in and don't let yourself be in that statistic.

Written By: Joseph Chenevert, LMT

